

## OPINION

# New grading system needed at Y

By ANNE K. THORNTON  
Universe Editor

A letter to the editor once included the rhetorical question, "Does God grade on a curve?"

Grades, grades, grades. If education were ideal, grades would be unnecessary; the student would struggle and sweat just for the ecstasy of learning. But, unfortunately, grades are often a primary and/or the only motivation.

Students want good grades, for several reasons. Most employees consider grades in hiring, students on scholarships must maintain a high GPA, and, basically, good grades make a person feel good.

Therefore, a fair and effective method of evaluation and grading is essential for a university. And, that method is not the well-known and often used curve system. Although the easiest system, another method should be considered.

On a curve system, a student receives a grade in relation to his performance with the rest of the class. With a general curve, 10 percent of the class will receive A's, 20 percent will receive B's, 40 percent C's, and so would receive an A if he or she reached a certain typing speed and received above 90

percent on the exams. The student would know at the beginning of the year exactly what is expected. At the end of the semester, all students may not have received an A, but each student would know why. The criteria-based grading is more sound philosophically, because it allows the student to personally decide which grade he or she will work for.

According to an instructor of evaluation in the Secondary Education Department, J. Hugh Baird, criteria grading evaluates the degree of mastery, rather than the relative performance of students.

Therefore, every student in the class can get an A, or every student may receive a C. Each student decides.

Most professors in the Education Department use the criteria-based system. Several other colleges and programs also utilize some form of it, said Baird.

The administration has not made a statement regarding grade systems, according to Elliot Butler, associate academic vice president. However, in 1981, in an effort to curb grade inflation, the Faculty Advisory Council recommended that more than 60 percent of the students enrolled in the lower division classes should receive a grade of C- or lower.

Grade inflation should be curbed, but not with a curve system pitting student against student.

A curve system breeds mediocrity; it is based on the premise that not all students will take the challenge to excel. The student knows what he must do; he needn't fret all semester about that final grade. He determines what he will get from the class.

With this system, everyone has the same chance to get an A. . . or a C. Grade inflation would not occur if the standard for an A is set high, to really indicate a mastery of the class material.

Likewise, if a pre-set standard is too high, the professor will grade lower and the grading scale if needed.

A curve system is appropriate for some classes, according to Baird. Some prerequisite classes require an answer for "who are the best students?" Baird said. Some graduate schools, especially medical schools, consider relative position in admissions. However, an A in a curve-based class would not guarantee mastery of the subject. The student may feel competent with the class material, when he or she has not actually mastered it.

The curve system is old fashioned. Rather than being satisfied with the old system, let's see some reforms and more fair grading systems.

market?

We have sent five children to BYU down through the years and at present have a son-in-law teaching there, and my sister just recently retired from teaching there. BYU is truly our alma mater, respected, loved, looked up to the world over. Don't let it be used as a tool of vested interests. Please let truth, justice, medical freedom and fairness continue to be its watchwords.

Elizabeth W. Shaver  
Senior Reporter

Only those editorials labeled "Universe Opinion" reflect the formal position of this paper. Its management and editors. Such opinions, however, do not necessarily represent the official view of the university administration. All other editorial material, including editorial cartoons, represent the opinions of the respective authors.

Letters to the editor should be typed and no longer than one double-spaced page. Letters must include a name, home and local address, and a phone number. Letters failing to meet these requirements will not be printed.



## LETTERS TO THE EDITOR:

### Not a sin

Editor:  
Of course voting for Walter Mondale is not a sin. Scott Pierce, in his Oct. 1 editorial, makes an ad hominem attack on "self-righteous" religious "radicals" who "deliberately distort the views of those they oppose." I would just like to point out a few distortions (well-intended, no doubt) in Scott's own reasoning.

First of all, Scott quotes President Kennedy as saying that "no religious body should seek to impose its will on others." This is most true, as our own history of persecution and intolerance demonstrates. However, he then incorrectly implies this to mean that, therefore, no religious body should ever endorse a candidate, organize a political group, or attempt to influence the political process to any significant degree. Scott forgets that there is a great difference between clandestinely or illegally imposing one's will on others and merely exercising your constitutional rights to impact the democratic process. Religious groups are just as legitimate a part of the pluralistic political mosaic

that the Founding Fathers envisioned as are any social, racial, economic or other demographic groups in our country. The constitutional separation of church and state forbids only the governmental "establishment of sectarian doctrine," not its "free exercise" (yes — gasp! — even for the Jerry Falwells).

The truth is that religious groups are genuinely concerned about Geraldine Ferraro's stand on abortion because of the possible public-policy implications (if she's elected), not because of her personal convictions. In expressing Ferraro's position, Scott says, "Ferraro is pro-choice — allowing individuals to make their own moral decisions on abortion — not pro-abortion." Well, that's fine, but the debate is not between forcing people to have abortions or allowing them to. Nor is it between whether Gerry Ferraro will have an abortion or not. The debate, when discussing candidates' views on future public policy, is whether government will or will not allow people to choose to have abortions. Thus, pro-choice is pro-abortion. Religious groups have not distorted this issue.

Scott Pierce, if religious groups should stay out of politics, then sports editors

should probably do the same.

Paul A. Hoffman  
Cupertino, Calif.

### Quaking quackery

Editor:  
Recently a copy of your Oct. 3 issue fell into my hands. I read the article entitled "Unproven health practices dangerous, with disgust and disappointment."

This is but another echo of the present hearing on "quackery" going on in Washington, D.C., under the direction of Sen. Claude Pepper. This is being paid for by the poor unaware taxpayer under the direction of and for the benefit of the medical monopoly.

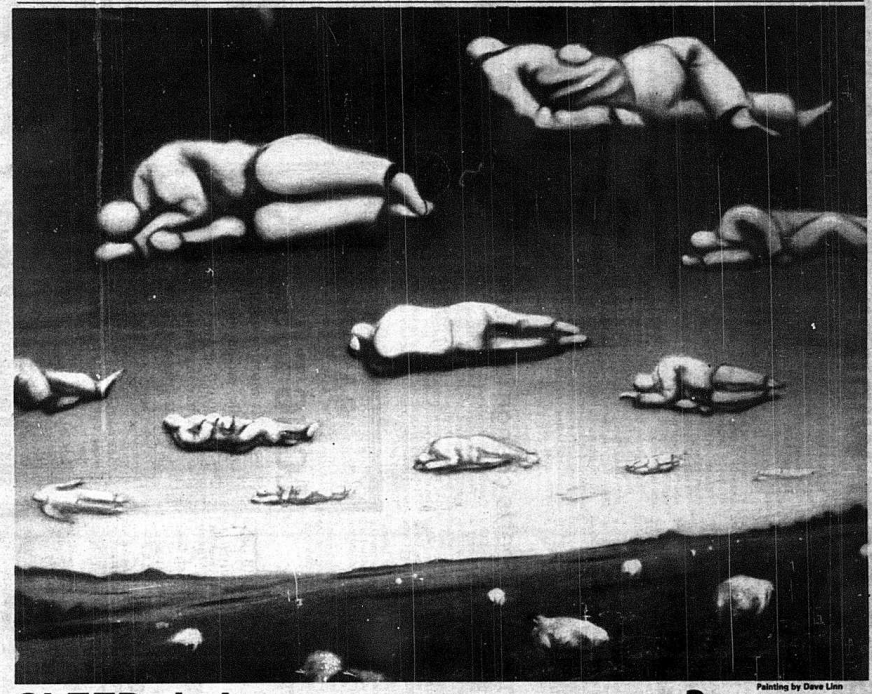
Is it quackery to use growing plants that supply us food and so called healing herbs, the use of which is based on several scriptures? Could they ever, ever be as harmful as the dangerous drugs peddled on a brain-washed and gullible public by our medical profession? What is scientific about our modern "miracle" drugs which both oppress the symptoms of diseases and when their side effects become apparent enough or enough deaths ensue, are withdrawn from the drug

market?

Elizabeth W. Shaver  
Senior Reporter

Only those editorials labeled "Universe Opinion" reflect the formal position of this paper. Its management and editors. Such opinions, however, do not necessarily represent the official view of the university administration. All other editorial material, including editorial cartoons, represent the opinions of the respective authors.

Letters to the editor should be typed and no longer than one double-spaced page. Letters must include a name, home and local address, and a phone number. Letters failing to meet these requirements will not be printed.



Painting by Dave Linn

## SLEEP: Is it necessary to success?

By JONETTE UDABRE  
Senior Reporter

As clock silently ticks away the hours, Daylight gradually fades into night. Inside millions of homes people put aside their tasks of the day and give in to the beckoning

call of slumber. Since the beginning of time, mankind has required sleep. This dependence has been a topic of discussion and research among psychologists, an argued issue by students and even a voiced concern by religious leaders of The Church of Jesus Christ of Latter-day Saints.

At a BYU Devotional assembly, Elder Dallin H. Oaks, of the LDS Council of Twelve, admonished students to follow the wisdom found in Doctrine and Covenants 88:124. Quoting from this verse he said: "Cease to be idle . . . cease to sleep longer

than is needful. Retire to thy bed early that you may not be weary; arise early that your bodies and your minds may be invigorated." He stressed the promise with which this verse ends.

"This counsel echoes the age-old saying 'early to bed, early to rise makes a man healthy, wealthy and wise.' While the wealthy part may be a myth, the healthy and wise promises do have merit, he said.

"Interestingly enough this saying holds true when many different people are compared," said Lynn A. Scoresby, a psychologist and a professor in the Family Sciences Department. "Generally, those with early-to-bed sleep habits are more achievement oriented and get more done.

"I have seen some people who have overcome depression and discouragement by changing their sleep schedule to waking up early," said Scoresby.

Robert Noel, an assistant BYU baseball coach, said he believes in the ideas found in

the verse Elder Oaks quoted. "We advocate and teach this to our athletes as best we can. We encourage early rising and want them to get close to eight hours of sleep, especially during the season." He said it is important for the players to go to bed early because of the 7 a.m. practices during the winter semester.

Obtaining an adequate amount of rest and acquiring better sleep habits is a continual battle for students.

Denny Muchmore, a sophomore in zoology, said the "best preparation for an exam is to get eight hours of sleep the night before. I can study all day and night and do worse on the test than if I hadn't studied at all." Muchmore said last year his roommate continually stayed up to study until four or five in the morning and was "always wasted."

"He would study twice as much as I would and bomb the test, while I need it. I always told him it was because he did not get enough sleep."

Joseph Knapp, a freshman majoring in

electrical engineering and a long distance runner, said having eight hours of sleep "quickens my mind. It also increases my running performance. Getting up early makes my day run smoother." Quoting from a verse, he said, "he who gets up late has to trot all day long lest his task overtake him."

Richard R. Westcott, of the Educational Psychology Department, also agrees with the "early to bed, early to rise" advice, but recognizes many people have different sleeping habits due to varying schedules.

"I think that saying comes from the old farming days when people worked in the early hours," he said. "In today's world, people work at different times, and this has not caused ill health."

Studies indicate people generally fall into two main categories of times in which they are most alert and hours in which they are tired. Night people function best in the evening hours and may find their most effective working times between 10 p.m. and 3 a.m. See SLEEP page 10





## GE classes can transfer

# UTC may be viable choice

By JONATHAN AIKEL  
Universe Staff Writer

Students at BYU have found that they can avoid many of the hassles of low grade point averages and the general education program by taking classes at Utah Technical College (UTC). However, as the old adage says, "the easy way out is not always the best."

Troy Hulise, a senior majoring in broad-

cast news and a transfer student from UTC, said there is no question in his mind about avoiding the "suffering" which some general education classes cause.

"I doubt I would have passed Statistics 221 at the Y. There were 350 students in my class, and I couldn't get the help I needed in class or in the lab."

Hulise dropped the class at BYU and is currently enrolled in a statistics class at UTC.

Hulise said that his grades at BYU are just a little under a B average. He said, "My GPA at the Tech is 3.8."

This is not to say that UTC's courses are set up to be easier. When Hulise was asked if the classes at UTC were easier he said: "Yes and no. It is easier at the Tech, but only because the competition for the grade is not as intense."

"I was a person rather than just a social security number," he said. "The teachers seem to take more of an interest in individual students at the Tech than at the Y."

"Some of the classes are at more of a high school level. There is a high school atmosphere over there, you know, where everyone knows everyone else."

Not only do UTC's classes transfer over to BYU, they can be a lot less expensive if you are a Utah resident. "The lower tuition plus the federal aid packages can be a real shot in the arm for the person who needs it," said Tony Marren, a UTC transfer student majoring in speech communications at BYU.

It costs Utah residents \$249 per quarter to attend UTC. An average student will take about 15 credit hours per quarter. That is equivalent to 10 hours at BYU during an 11 week period. This means that a UTC student could take an equivalent of 20 BYU hours for about \$500.

"We hope that our students get as good of an education at the Tech as they could at BYU," said Esther Webster, assistant director of admissions and records at UTC. "At least we know they receive more personalized attention here in their classes."

The question arises, "Is going to UTC the best thing to do to avoid the hassles of BYU's general education program and the pressures of a major university?"

Robert W. Spencer, BYU dean of Admissions and Records, said part of what makes BYU a unique and excellent environment for education is the fact that there are so many returned missionaries in the classes. He said, "With all the returned missionaries, BYU as a learning experience is richer and more competitive."

The fact that students are more prepared through a mission or through the pressures of keeping up with their classmates has raised the standard for admissions at BYU.

UTC students must be near a 3.0 GPA to be considered for admission to BYU.

"When transfer students come to BYU they are competing against the average students who had a 2.3 on their ACT and a 3.45 GPA in high school," said Spencer.

Scott Pendleton, BYU's graduating class president, believes going to the Tech prior to BYU can create other problems for students. He said, "Students avoid making additional transitions if they come straight to BYU without attending a junior college." Pendleton also believes it is easier to get a better grade when there are more students in a class.



Universe photo by Dave Hawkkinson

Students have a choice of where to go to complete general education requirements. Some go to UTC because the tuition is cheaper, and some think high grades are easier to achieve there.

## French film maker dies of cancer

PARIS (AP) — Francois Truffaut, the French film director who spearheaded New Wave Cinema and won awards from Cannes to Hollywood for his portrayals of ordinary people, died Sunday of cancer at the age of 52.

Truffaut died at the American Hospital in the Paris suburb of Neuilly, a spokesman there said. He said Truffaut was admitted about 10 days ago and fell into a coma, regaining consciousness only briefly from time to time.

Truffaut found out in 1983 that he had a brain tumor and took on a scheduled life, seeing few people.

Last year, he became the father of a girl. The mother of the child was his companion of several years. French actress Fanny Ardant, who was the leading lady in his movie "The Woman Next Door." He also had two daughters from his marriage with M a d e l e i n e Morganstern.

His first feature film, "The 400 Blows," in 1959, about a sensitive teen-ager bounced between callous parents and reform schools, brought him international renown.

Truffaut later established the concept of the director as the "auteur," or author, and charmed moviegoers with portrayals of common people.

## Open Audition

Interviews  
Auditions  
Albums  
Press Packages  
Bookings  
Catering Events  
Flowers  
Corporate Events



Wm. Rolfe Kerr  
Executive Vice  
President, BYU

## Many people incorrectly believe that joining Army ROTC requires a lifetime commitment to the military—NOT SO!

"The ROTC provided a very valuable and helpful base for much that has emerged in my professional life. The leadership training received through ROTC and then extended during a relatively brief two-year tour of active duty provided exposure to management principles and practices which I find myself still using today as I meet the challenges in my current professional assignment. I enjoyed my time in the ROTC and will forever be appreciative of the training and experience I received there and while on active duty. I would not hesitate for a moment to recommend the ROTC program for anyone who desires a meaningful educational experience, a rewarding leadership development opportunity, and a very positive way to serve his or her country."

The Army ROTC program offers a variety of duty programs, some of which may be served completely in the National Guard or Army Reserve and allow you to continue your civilian profession while serving your country.

Contact the Army ROTC at 380 Wells ROTC or call Captain Wright at 378-3601 for further information on these exciting programs.

**BLOCK ENROLLMENTS ARE ENCOURAGED**

## Teen suicides rock Houston

HOUSTON (AP) — A series of teen suicides that has rocked an affluent suburb may have run its course, according to school officials, but they also warned parents not to get "too comfortable" because new problems may arise.

"The kids are seeing the reality that life goes on," Dr. Ron Hart told about 500 parents who gathered Oct. 15 at Clear Lake High School to discuss six suicides that have occurred during the past 2 1/2 months.

"They're going to football games and forgetting

about funerals," the psychologist said. "They're ready to get back on with living instead of fantasizing about what it means to die."

Some parents at the meeting expressed concern that the school's tough grading scale may be putting undue pressure on students, or that expectations of growing up in a predominantly white-collar community are too great.

Senior Paul Kinze, 18, insisted that the problem had nothing to do with "drugs, grades or girlfriends. It's a lack of communication between parents and kids."



## 50% off FRAMES

(No Discount on Quality)

**DAYNES OPTICAL**

110 W. Center

373-2280

(Contact lenses available at Daynes)

**VISTA OPTICAL**

275 North University Ave.

373-1420

ONE COUPON PER CUSTOMER

MUST BE PRESENTED AT TIME GLASSES ARE ORDERED

Other Good Limited Time Only

Purchase Must Be A Complete Pair of Glasses, Frames, & Lenses

OFFER EXPIRES: 11-22-84

## WE'RE LOOKING FOR YOU!!

Students who are excited to learn about people, their culture and history.

Students who can appreciate the value of a carefully planned academic experience based on first-hand exposure to EUROPE!!

## STUDY ABROAD IN VIENNA

January - June 1985

- \* Beginning language instruction will be available for a limited number of well-qualified students
- \* Core-curriculum emphasizes beginning, intermediate, and advanced language, humanities, European studies, and the Church in a world setting.
- \* Study excursions to France, England, the BeneLux countries, optional trips to Hungary, Yugoslavia, the Germanies and Italy!

## YOU ARE ELIGIBLE IF ...

You have a good academic record  
You are highly motivated  
You want to complete G.E. courses in Europe

1<sup>st</sup> Priority application deadline is November 1.

For more information contact Dr. Alan F. Keele, 4090 JKHB, 378-3153, or BYU Study Abroad, 121 FOB, 378-3308.

# SPORTS

## Cougars clip Falcons, extend streak to 18

By SCOTT D. PIERCE  
Sports Editor

COLORADO SPRINGS, Colo. — Less than a minute before the end of the third quarter of Saturday's matchup with Air Force, No. 5 BYU was in trouble. The Cougars held a slim 2-point lead over the Falcons and were faced with third-and-21 on their own 46-yard line.

Quarterback Robbie Bosco dropped back, threw the ball to Glen Kozlowski and watched as BYU tight end David Mills caught the pass and raced for a touchdown.

"I was throwing for Koz," Bosco said. "I never even saw Mills until after I released the ball."

The TD pass was almost broken up, by none other than Kozlowski himself.

"I saw him (Mills) out of the corner of my eye, and I thought he was an Air Force player," Kozlowski said. "I was going to try and break up the pass. I was two steps away from him when I realized who he was."

The 54-yard scoring strike, and a late field goal by Lee Johnson, gave the Cougars the points they needed to hold off a tenacious Air Force team, 30-25. The win extended BYU's nation-leading win streak to a school and Western Athletic Conference record 18 straight, and it kept the Cougars a perfect 7-0 this season.

Both Bosco and Mills had the best games of their careers. Bosco completed 22 of 41 passes for 446 yards and four touchdowns, with only one interception. Three of the TD passes came from more than 50 yards out.

"Robbie did a great job," BYU coach LaVell Edwards said. "He's every bit as good as any quarterback we've ever had."

And while Bosco had a great day throwing the ball, Mills had an incredible day catching it. The 6-foot-2 tight end hauled in 10 passes for 223 yards. The game lived up to its billing as an offensive showdown. BYU gained a total of 564 yards and Air Force chipped in 374 yards of its own. Together, the two teams were only 62 yards short of 1,000 — on a mushy field with snow coming down for much of the second half.

"That's one of the greatest games we've had in a long time," said Edwards. "We got off to a little bit of a shaky start, but we came back."

The Cougars opened the regionally televised game by kicking off to the Falcons. Ten plays and 4:22 seconds later, Air Force running back Jody Simmons swept around the right side for two yards and a touchdown, giving the academy a 7-0 lead.

BYU answered quickly. Bosco hit Mark Bellini, who made a great reaching catch, faked out the only defender in the area, and raced into the end zone to complete a 52-yard TD pass.

"It was definitely the biggest play I've had this year," Bellini said.

Air Force then drove the length of the field but failed to score on four attempts from inside the BYU 5-yard line. On fourth-and-goal from the 1, fullback Pat Evans was tackled for a 1-yard loss by linebacker Mark Allen.

"We've made more goal-line stands and short-yardage stands this year than any I can remember," Bellini said.

Air Force then drove the length of the field but failed to score on four attempts from inside the BYU 5-yard line. On fourth-and-goal from the 1, fullback Pat Evans was tackled for a 1-yard loss by linebacker Mark Allen.

"We've made more goal-line stands and short-yardage stands this year than any I can remember," Bellini said.

Air Force then drove the length of the field but failed to score on four attempts from inside the BYU 5-yard line. On fourth-and-goal from the 1, fullback Pat Evans was tackled for a 1-yard loss by linebacker Mark Allen.

"We've made more goal-line stands and short-yardage stands this year than any I can remember," Bellini said.

Air Force then drove the length of the field but failed to score on four attempts from inside the BYU 5-yard line. On fourth-and-goal from the 1, fullback Pat Evans was tackled for a 1-yard loss by linebacker Mark Allen.

"We've made more goal-line stands and short-yardage stands this year than any I can remember," Bellini said.

Air Force then drove the length of the field but failed to score on four attempts from inside the BYU 5-yard line. On fourth-and-goal from the 1, fullback Pat Evans was tackled for a 1-yard loss by linebacker Mark Allen.

"We've made more goal-line stands and short-yardage stands this year than any I can remember," Bellini said.

Air Force then drove the length of the field but failed to score on four attempts from inside the BYU 5-yard line. On fourth-and-goal from the 1, fullback Pat Evans was tackled for a 1-yard loss by linebacker Mark Allen.

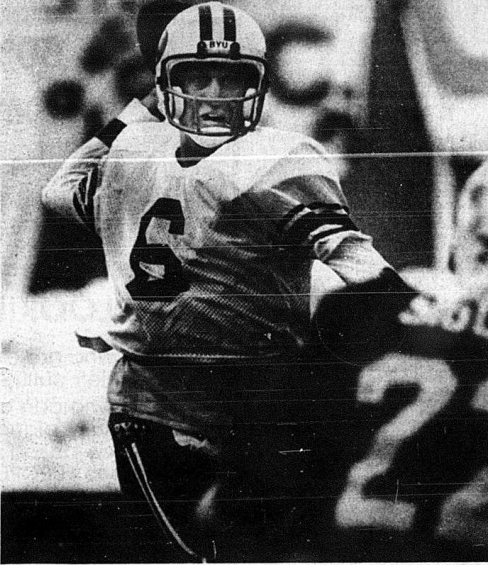
"We've made more goal-line stands and short-yardage stands this year than any I can remember," Bellini said.

Air Force then drove the length of the field but failed to score on four attempts from inside the BYU 5-yard line. On fourth-and-goal from the 1, fullback Pat Evans was tackled for a 1-yard loss by linebacker Mark Allen.

"We've made more goal-line stands and short-yardage stands this year than any I can remember," Bellini said.

Air Force then drove the length of the field but failed to score on four attempts from inside the BYU 5-yard line. On fourth-and-goal from the 1, fullback Pat Evans was tackled for a 1-yard loss by linebacker Mark Allen.

"We've made more goal-line stands and short-yardage stands this year than any I can remember," Bellini said.



Robbie Bosco is about to release the second of his four touchdown passes in BYU's 30-25 win over the Air Force Academy. Bosco's 484 yards passing helped the No. 5 Cougars extend the nation's longest winning streak to 18 games.

member," said Edwards. "We've stopped most of them."

The poor field position cost the Cougars, however. After taking over the ball at the 2, Bosco was sacked in the end zone on third down, giving Air Force a safety and a 9-7 lead.

BYU regained the lead 4:27 seconds before half-time, as Bosco connected with Kozlowski on a 22-yard touchdown toss.

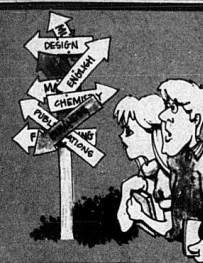
To no one's surprise, the Cougars came out throwing again in the second half. BYU took the kickoff, Bosco completed a 19-yard pass to Mills, and then hit Kelly Smith on the run for 56 yards and a 21-9 lead.

But the Falcons fought back. The triple threat of See COUGARS on page 5

BYU	7	7	13	3	30	(Mateos kick)
AFA	7	2	10	0	25	AFA — FG Mateos 46
AFA — Simmons	2	run	(Mateos kick)			BYU — Mills 54 pass from Bosco
BYU — Bellini	52	pass	from Bosco			(kick failed)
AFA — Chandler	tackles	Bosco	in end zone			AFA — Weiss 2 run (run failed)
BYU — Kozlowski	22	pass	from Bosco			BYU — FG Johnson 27
Bosco (Johnson kick)						
BYU — Smith	56	pass	from Bosco			First downs 28
(Johnson kick)						Rushes-yards 32-80
AFA — Fleming	57	pass	from Weiss			Passes 29-41-1
						54-104
						180
						7-12-1

### Regal Weddings

500 Color Photograph  
Announcements  
250 Printed Napkins  
1 5x7 Black & White Photograph  
1 8x10 Color photograph reprint  
12 Color Photo  
100 Thank You Notes  
only \$234.26 or  
250 Black & White Announcements  
only \$59.06  
By Appointment only  
374-8596 Expires 12/20/84



Are you headed in the right direction?  
These 2nd block courses can help you find out:

- |   |  |
|---|--|
| <p><b>Career Ed 115</b><br/>Life Planning and Decision-Making<br/>(2 credit hrs.)</p> <ul style="list-style-type: none"> <li>• Self-Concept</li> <li>• Goal Setting</li> <li>• Decision Making</li> <li>• Time Management</li> <li>• Self-Evaluation</li> </ul> | <p><b>Career Ed 116</b><br/>Career Exploration<br/>(1 credit hr.)</p> <p>This course helps you apply decision-making skills toward the choice of a major and career.</p> |
|---|--|

### SIGN UP NOW

To Enroll, Contact the Career Education Department, 128 SWKT, Ext. 2687.

## Aztecs, Bows, Boys win in WAC

By THE ASSOCIATED PRESS

Freshman quarterback Todd Santos completed 28 of 38 passes for 418 yards and two touchdowns, including an 84-yarder, to lead San Diego State past Colorado State 41-24 in a Western Athletic Conference football game Saturday night.

The Aztecs struck for the school's longest gain since 1971 on their second offensive play of the game when Vince Brown caught a pass from Santos in stride at the Colorado State 42-yard and raced down a clear field to complete the 84-yard scoring play.

Santos tossed his second touchdown pass in the fourth quarter, a 12-yard completion to Webster Slaughter, who caught nine passes for 96 yards in the game.

A 22-yard pass from Santos to Warren set up a one-yard touchdown run by Mike Waters on the Aztecs' second possession. During the first two series, Santos hit on six of seven passes for 153 yards.

Washington nips Oregon

By THE ASSOCIATED PRESS

When you're the nation's No. 1 football team and fighting for your life, it's not how you play the game but whether you win or lose.

"This was by far our worst offensive game, but I don't know of too many 7-0 teams," Washington coach Don James said after the top-ranked Huskies managed only 109 yards in total offense but scored on a punt return and a blocked punt to hold off Oregon 17-10.

Runnersup Oklahoma squeaked past Iowa State 12-10, third-ranked

In Honolulu, Hawaii linebacker Alvis Satele jarred the ball from Utah's Molomoi Hala and Hawaii defensive back Kyle Kadentis recovered it at the 46-yard line with 56 seconds left to play to preserve a 20-17 victory over Utah here Saturday night.

One minute prior to that play, UH fullback Nuu Paola had burst up the middle on a six-yard touchdown run as the Rainbows completed a 10-play, 49-yard march for the go-ahead score. The possession started with a fumble recovery by UH defensive back Richard Miano at the Utah 49-yard line.

Utah quarterback Mark Stevens, who had rallied the Utes to a 10-6 halftime lead, gave the visitors a 17-13 lead five minutes into the fourth quarter on a 1-yard scoring scramble. That touchdown culminated a five minute 87-yard drive by Utah which featured a 62-yard pass play from Stevens to split end Danny Huey.

In Laramie, Wyoming quarterback Scott Runyan threw for three touchdowns and ran for another as the Cowboys handed New Mexico its

third straight defeat, 59-21.

Runyan completed nine of 18 passes for 288 yards to lead a rejuvenated Cowboy offense to a record point total against the Lobos, who buried their chances with turnovers in the subfreezing weather.

### WAC STANDINGS

Conference	W	L	T	Pts	Opp	W	L	T	Pts	Opp	Overall
BYU	4	0	0	141	85	7	0	0	246	127	
SDSU	3	1	1	153	84	3	3	1	184	121	
Wyo	3	2	0	144	117	4	4	0	196	213	
Utah	2	2	1	121	96	3	4	1	254	181	
Haw	2	2	1	60	65	4	3	1	116	115	
AFA	2	3	0	148	110	5	3	0	273	146	
CSU	2	3	0	69	158	2	5	0	100	296	
UNM	1	3	0	79	118	4	3	0	196	164	
UTEP	0	3	0	29	109	1	4	0	78	170	

### Second Block Beginning

## KOREAN

Semi-tutorial class. Meets daily 9:00-9:50 a.m. in 2047 KJKHB. For more information, call 378-6531. Special tutoring for those who have not had Korean 101A. Sign up for KOR 101B — Index #74661.

## BRIGHAM YOUNG UNIVERSITY

## GUITAR

FALL SEMESTER  
OCTOBER 23-24 THRU  
DECEMBER 4-5  
2ND BLOCK  
1E □ Level I (beginners)  
6:00-7:45 p.m. Tuesdays  
1F □ Level II  
6:00-7:45 p.m. Tuesdays  
1G □ Level III  
6:00-7:45 p.m. Tuesdays  
1H □ Level IV  
6:00-7:45 p.m. Tuesdays

WINTER SEMESTER  
JANUARY 15-16 THRU  
FEBRUARY 19-20  
1ST BLOCK  
2A □ Level I (beginners)  
8:00-9:45 p.m. Tuesdays  
2B □ Level II  
8:00-9:45 p.m. Tuesdays

2C □ Level III  
8:00-9:45 p.m. Wednesdays  
2D □ Level I (beginners)  
8:00-9:45 p.m. Wednesdays

Early registration is requested. Register at Conference Center Registration Desk or at the door just prior to the class.

Classes will be held in room 265 Conference Center.

INSTRUCTOR: Elaine Stratford

COST: \$49.00 (music included)  
For further information call: 378-3556.

B41002-10

Brigham Young University  
Conferences and Workshops  
Conference Center  
Registration  
Provo, Utah 84602

## Monday Cruisin'



Cookie Tree

Fast & free delivery 1 p.m. to 11 p.m. anywhere in Provo

377-9881

<p>cruising special 16" combo pizza &amp; 2 quarts of pop \$10.99</p>	<p>16" two item the Hawaiian pizza ham &amp; pineapple &amp; 1 quart of pop \$7.25</p>
---	--



# Women spikers sweep series

Y volleyballers defeat No. 1 Poly, No. 17 Arizona

By NEIL BAIR

Universe Sports Writer

Sophomore Socorro Leal led all players with 21 kills and Karen Doane added 13 as the 15th-ranked BYU women's volleyball team downed No. 17 Arizona 16-14, 15-8, 9-15 and 15-4 Saturday night.

The win gave the Cougars a weekend sweep as they upended No. 1-ranked Cal Poly-San Luis Obispo 15-10, 15-9 and 15-12 in front of a Smith Fieldhouse crowd of 1,250 on Friday.

BYU will next host the Arizona State Sun Devils tonight in the Smith Fieldhouse. Game time is 5 p.m. instead of the normal 7:30 p.m.

After winning the first two games in its match with Arizona, BYU erased a 5-0 deficit in the third game to tie the score at 6-6.

But the Wildcats retaliated behind the strong front-line play of sophomores Karen Kemmer and Annette Ewasak to run off 10 straight points and win 15-5. Kemmer and Ewasak each finished the match with 15 kills.

"There were some confusing things that happened in the third game, but I'm glad we were able to come back in the fourth game," said BYU coach Elaine Michaelis.

The Cougars put on an offensive show of their own in that fourth game as they won 15-4 to clinch the best-of-five match. Consecutive kills by Doane, Leal and senior Raelyn Hoglund helped turn a 3-2 Wildcat lead into a 13-3 Cougar advantage.

Following Saturday's match, Michaelis said, "We didn't play on the same level as last night, but we were still able to control the match."

On Friday, Hoglund had 15 kills and Doane and Leal added 11 each as the Cougars devastated Cal Poly-SLO. Hoglund also had 10 blocks to spark the BYU defense, which controlled Mustang standout Kelly Strand.

The 6-foot-11 senior finished the match with just 10 kills.

"Their taller players played very close to the net," said senior co-

captain Tami Hamilton. "That left the middle wide open for our big hitters."

Hamilton led all players with a two-game total of 88 assists.

For the Mustangs, the loss was only their third of the season against 17 wins. The win by the Cougars avenged an earlier loss to Cal Poly, when the Mustangs swept the Cougars in three straight games Sept. 16 at the San Diego State Invitational.

"BYU was not going to be denied tonight," said Cal-Poly coach Mike Wilton. "I remember three distinct times that we made comebacks, but we were not able to sustain those comebacks because they played so well."

After taking the first game 15-10, BYU led 2-1 in the second game before Terri Willis and Ellen Bugalski led a force Mustang comeback to tie the score at nine.

Following a BYU time out, the Cougars tallied four straight points behind the strong serving of Hoglund to put the game out of reach.

"Our serving was very aggressive tonight, especially by Raelyn and Socorro," said Michaelis. "We were able to keep them from getting good passes, which slowed down their offense."

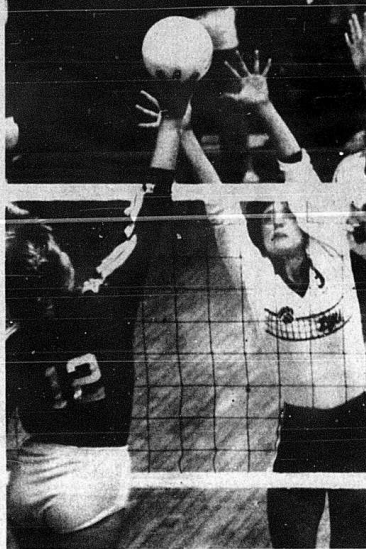
In the third game, BYU, which trailed only three times the entire night, jumped out to a 6-2 lead and seemed to have all but wrapped up the match. But after a time out, Cal Poly rallied to take a 7-6 lead.

"It (the time-out) helped us to regroup and think a little bit about what we were doing wrong," said Wilton.

Both teams played evenly until a kill by Strand gave the Mustangs a 12-11 lead. But strong defense and serving, this time by Leal, provided the third-game victory and the sweep of BYU.

"This was one of the best matches BYU has ever played. Defense, blocking, hitting... tonight we came ready to play," said Michaelis.

The Cougars' record now stands at 20-9, 4-1 in conference play.



Universe photo by Rob Browning  
BYU's Tami Hamilton (right) goes up to block a shot by a Cal-Poly San Luis Obispo player. The Cougars upended the No. 1 Mustangs and defeated No. 17 Arizona in weekend matches.

**Pioneer**  
DIAMOND COMPANY

**300 COLOR PHOTO WEDDING INVITATIONS BY STYLART**

- \* PROFESSIONAL PHOTO SITTING
- \* 10 5x5 COLOR PROOFS YOURS TO KEEP
- \* TWO 5x7 BLACK AND WHITE GLOSSIES
- \* 50 THANK YOU'S WITH ENVELOPES
- \* 300 COLOR INVITATIONS
- \* 300 SEALS

ALL FOR ONLY  
**\$149.00**

Paul and JoAnn  
470 NORTH UNIVERSITY AVE.  
377-2680

**Sun Valley**

THIS WINTER  
WORK IN BEAUTIFUL  
**SUN VALLEY, IDAHO**

Interviewing November 1  
For Wintertime Housekeeping Employees  
Men & Women / Day & Night Shifts

Season Is 12/20/84 to 4/15/85

WORK BENEFITS INCLUDE:  
Half Price Skiing & Recreation  
Discounted Food Rates  
Dormitory Housing (As Required)

Apply In Person At C-40 ASB Student Employment By  
Monday 10/29/84 For Applications & Appointments

## McMahon, Marino keep clubs in top spots of NFL divisions

By THE ASSOCIATED PRESS

The Chicago Bears and unbeaten Miami, led by quarterback Jim McMahon and Dan Marino, threatened to make run-aways of their NFL division races with easy victories Sunday while AFC Central leader Pittsburgh was shocked by the Indianapolis Colts.

Marino led a 552-yard offensive explosion with four touchdown passes, setting a club record of 24 in one season, as the Dolphins remained the NFL's only team with a perfect record by mauling the New England Patriots 44-24.

McMahon, a product of the Brigham Young University passing attack, passed for 219 yards and three touchdowns and Walter Payton rushed for two TDs to lead the Bears to a 44-9 rout of the Tampa Bay Buccaneers and a two-game lead in the

NFC Central.

The Steelers, who lead the AFC Central by two games despite a lackluster 4-4 record, lost 17-16 to Indianapolis when Ray Butler grabbed a deflected Colts' pass on the run and completed a 54-yard TD play with 34 seconds left.

In other NFL games, it was St. Louis 39, Washington 24; Philadelphia 24, New York Giants 10; Detroit 16, Minnesota 14; Denver 37, Buffalo 7; Cincinnati 12, Cleveland 9; Seattle 30, Green Bay 24; San Francisco 34, Houston 21; New York Jets 28, Kansas City 7; and Los Angeles Raiders 44, San Diego 27.

The Los Angeles Rams played at Atlanta on Monday night.

Former BYU quarterback Marc Wilson victimized San Diego for 332 yards and five touchdowns, and the Raiders scored four times in a seven-minute span of the third quarter en route to their victory over

the Chargers.

Fat Ryan hurried three touchdown passes and a suffocating New York defense carried the Jets past the Chiefs.

Joe Montana completed three touchdown passes and Dan McElmore came up with a key interception to lead the 49ers over the winless Oilers.

Neil O'Donoghue booted a 21-yard field goal with three seconds remaining to lift the Cardinals over the Redskins and into a tie for first in the NFC East.

Dave Krieg fired two touchdown passes and cornerback Terry Jackson intercepted a pass by Lynn Dickey in the end zone with 24 seconds left in the game as Seattle handed the Packers their seventh straight loss.

An opportunistic Denver defense set up two John Elway touchdown passes and helped the Broncos crush winless Buffalo.

## Cougars hold off Air Force

Continued from page 4

the Air Force wishbone offense has always given BYU trouble, but the Falcons added another twist on Saturday.

"It was kind of a quadruple option," said Cougar defensive end Jim Herrmann. "We'd play it right and they'd throw out that little halfback pass."

It was a pass from quarterback Bart Weiss that got Air Force back into the game, however. Minutes after Bosco's 56-yard TD strike, Weiss hit Kevin Fleming, who took the ball away from safety Kyle Morrell and completed a 57-yard scoring strike.

"All I can say is I had perfect position," said Morrell, who led the Cougar defense with 15 tackles. "I guess I just wasn't meant to get that ball."

Air Force had a chance to tie five minutes into the fourth quarter, but on a two-point conversion attempt Weiss was caught behind the line of scrimmage by Herrmann.

"I just knew we had to get him," Herrmann said. "We wanted to keep the lead."

Following a Johnson field goal, the Falcons were stopped and punted away with 4:50 remaining — and never saw the ball again.

BRIGHAM YOUNG UNIVERSITY



## STUDY ABROAD

Beginning language instruction will be available in VIENNA for a limited number of well qualified applications

APPLICATION DEADLINE

for 1<sup>st</sup> Priority consideration, November 1, 1984

## Orientation Sessions Begin

Vienna — London — Spain January groups

1<sup>st</sup> session Tuesday, Oct. 23 and each Tuesday thereafter

4-6 p.m. 2015 JKHB

A great way to earn GE credit  
Begin language study in a native setting  
Department of Study Abroad, 121 FOB, 378-3308

**Hardee's**

Mushroom — Swiss 1/4  
pounder Hamburger  
for

**15¢**

1158 North University  
(Next to B.Y.U.)  
Good at Provo restaurant  
good only Mon., Oct. 22, 1984  
Just for you

## Using caffeine to stay awake is not a healthy habit

# Stimulants abused by students

By LISA REESE

Universe Staff Writer

"Caution: Do not take without consulting a physician if under medical care. No stimulant should be substituted for normal sleep in activities requiring physical alertness."

Students may or may not read this warning as they reach for their No-Doz box during final week or if they have a 15-page research paper due the following day.

Stimulants can be found in many products; the most common and well known is caffeine.

Taken straight or in a product containing the stimulant, caffeine can provide an "up feeling."

According to Encyclopaedia Britannica, "When taken in small amounts, caffeine is considered harmless, but when taken in large amounts, it causes nervousness and loss of sleep."

Historically, products and foods containing caffeine have existed in almost every society. Caffeine was produced from plants in its pure form as early as 1820 and today is produced in the laboratory in several forms.

In today's food and beverage market, caffeine is a common ingredient found in many products.

According to the text, "Nutrition Concepts and Controversies" by Hamilton and Whitney, caffeine is not addictive, but it is habit-forming. "Caffeine is a true stimulant drug, increasing the respiration rate, heart rate, blood pressure, and the secretion of the stress and other hormones."

Jerry L. Graff, pharmacist for the McDonald Health Center, said, caffeine is probably the safest and best known stimulant on the market for the central nervous system.

"We sell very little caffeine by itself, but it is in a lot of products including medication," Graff said.

A lot of people want the extra stimulation day by day. But, he said, as a person depends more heavily on caffeine, the dosages must be increased to equal the previous stimulation.

Graff said this happens because a tolerance for the drug builds up in the body. Also, the extent to which a person habitually uses caffeine will influence the time it takes him to feel normal again after he stops using it.

Medicinally, caffeine can be a remedy for headaches, increasing the flow of circulation, and can be used as an antidepressant, battling drugs that de-



Caffeine can be found in a variety of products, including chocolate and aspirin. Medicinally, caffeine

can be a remedy for headaches and depression; however, if taken habitually damage can result.

press the nervous system.

"If taken periodically," he said, "no great harm will come to you, but damage can take place if it's taken habitually."

Some students on campus use caffeine to help them stay awake at night when they have to study or catch up on homework.

Lance Williamson, a senior in pre-professional nutrition and an FSN 115 teacher from Eagle River, Alaska, said many students push themselves beyond their physical capacity by using products such as Vivarin and No-Doz, which have high caffeine contents.

He said using caffeine as a means to stay awake is dangerous because it does not replace sleep for the body. The body is kept awake by a stimulant, and by depriving the body of sleep, the defenses of the body can be run down.

When the bodily defenses are weak, a person is more susceptible to colds, flu, and sickness.

"Caffeine became a habit for me," said a BYU student who wishes to

remain anonymous. "When I came to school I decided to have good study habits and not get in a bind with school work. But, things started to pile up, and I decided to take No-Doz to help me stay awake one night to study for a test."

He said it became a bad habit, and he didn't study like he should during the day because he knew he could take caffeine at night and get everything done.

Now, four years later, this student experiences the classic symptoms of caffeine habituation, including increased heart rate, heart palpitations, increased bodily exertions, muscle twitching and nausea when he uses the stimulant.

According to the Hamilton and Whitney textbook, a dose of caffeine greater than what the body is adapted to causes jitteriness, nervousness and intestinal discomfort.

Sudden abstinence from the drug after long use, even if moderate, causes characteristic withdrawal reactions: headaches, dizziness, agitation, restlessness, recurring

headaches, depression and sleep difficulties.

Individual sensitivity may vary, but for some people as little as 250 milligrams per day is enough to cause trouble. One Vivarin or three 12-ounce colas equals 250 milligrams.

Even though the effects of caffeine are related to the body weight of the consumer, "Caffeine tolerance decreases with age," said Lawrence Galton in his book "Save Your Stomach."

"You are advised to reduce your caffeine intake gradually," he said. Caffeine may be found in various products with differing amounts in each. For example, coffee is the most prevalent caffeine-containing plant. Coffee beans are 1 percent to 2 percent caffeine, with 100 milligrams of caffeine in a 6-ounce serving.

Cocoa (cocoa) roasted seeds are commonly used to yield chocolate. Cocoa contains .07 percent to .36 percent caffeine with 6 milligrams of caffeine in 1 ounce of milk chocolate. A cup of hot chocolate may contain as much as 50 milligrams of caffeine.

## Majority of students now female

WASHINGTON (AP) — The Census Bureau says women now outnumber men at American universities, having accounted for much of the increase in college enrollment over the past 10 years.

By October 1982 women accounted for about 52 percent of all college students, according to a new Census study, with the biggest jumps among women in the 25-to-34 age bracket.

In a related report, the National Science Foundation disclosed that women collected one-fourth of the doctoral degrees in science and engineering.

**Two Final Performances**  
Before the show retires  
Sat., Oct. 27 & Mon., Oct. 29  
Timpview H.S. Auditorium  
650 E. 3650 N., Provo

**MUSICAL**  
Exciting LDS Musical

Show time 8 p.m.

Tickets \$6 adults \$5 Children available at  
Deseret Book; University Mall  
Timp Book; 858 S. State, Orem  
Days Thriftway; 3121 Canyon Rd.

Bring this ad to save \$1  
PER TICKET — SAT. SHOW ONLY

## URGENT!

PURCHASE YOUR LOWEST FARE HOLIDAY FLIGHTS NOW — FARES GO UP WITHOUT NOTICE. CALL TODAY

Dallas	Denver	Chicago	L.A.	Seattle
\$140 <sup>00</sup>	\$50 <sup>00</sup>	\$150 <sup>00</sup>	\$85 <sup>00</sup>	\$114 <sup>50</sup>

ONE WAY BASED ON ROUND TRIP PURCHASE RESTRICTIONS MAY APPLY

**Clarks 374-6200**  
World Travel  
245 North University • Provo

For the look of now, designer styles for today's men and women.  
this week only \$11.00  
Oct. 22-27

**YOUR FATHERS MUSTACHE**  
Family Hairstyling  
Mon. 9 a.m. to 9 p.m. University Mall  
Tues.-Fri. 8 a.m. to 9 p.m. (near Mervyns) 225-9226  
Sat. 9 a.m. to 6 p.m.

**TIMP DRIVE-IN**  
OREM 225-1740  
\$5 PER CAR LOAD

**BARBRA STREISAND**  
**YENTL**  
A film with music.  
PLUS THE HIT BROADWAY MUSICAL "ANNIE"

Some Timely Direction...  
Start Your OWN  
**COLLEGE FREE CHECKING!**

• No Minimum Balance • No Service Charges  
• Unlimited Checkwriting • Overdraft Protection

**YOUR FREE GIFT**

**Auto Compass Quartz Clock!**  
• Place on Car Dash or Visor.  
• Revolving Global Compass easy to read from every angle.  
• Display Readout of Hour, Minutes, Seconds, Month and Day.  
• Always Shows Time and Direction

Merely open your new Deseret Federal College FREE Checking plan in the amount of \$100 or more, and this gift is yours FREE!

Offer available as long as supplies last.

• OFFICES NEAR CAMPUS •  
PROVO — 95 North University Ave  
OREM — 1170 South State Street  
SPANISH FORK — 290 North Main

**DESERET FEDERAL**  
SAVINGS AND LOAN ASSOCIATION  
22 SOUTH MAIN STREET, SUITE 200, OREM, UT 84401

## Higher education problems spotlighted in national report

WASHINGTON (AP) — A panel of prominent educators, bidding to turn the reform spotlight from America's high schools to its colleges, is warning that higher education is suffering serious problems, from underpaid faculty to deteriorating buildings to students abandoning the liberal arts.

The panel, in a report prepared for Education Secretary T.H. Bell and his National Institute of Education, called for sweeping changes in campus life, including more faculty attention to freshmen and sophomores, fewer part-time professors and less emphasis on vocational courses.

A copy of the report, "Involvement in Learning: Realizing the Potential of American Higher Education," was obtained Wednesday by The Associated Press.

The education secretary helped instigate moves to raise high school graduation standards in many states with a biting critique called "A Nation At Risk," which his National Commission on Excellence in Education issued in April 1983.

The new panel, called the Study Group on the Conditions of Excellence in American Higher Education, was chaired by Kenneth P. Mortimer of Pennsylvania State University.

It warned, "The strains of rapid expansion of higher education, followed by recent years of constricting resources and leveling enrollments..."

have taken their toll.

"Gaps have appeared between our ideal expectations for higher education and the realities of student learning, curricular coherence, the quality of facilities, faculty morale and academic standards."

It cited these "warning signals":  
— "One out of eight high-ability high school seniors does not choose to attend college."  
— Half of all college students drop out.

Students' average scores fell between 1964 and 1982 on 10 of 14 major subject area tests of the Graduate Record Examinations, including such fields as engineering, history and English literature.

"One cannot blame these trends entirely on the decline in the preparation of entering college students," the study said. "Part of the problem is what happens to students after they matriculate in college."

**News tips**  
378-3630

**12<sup>th</sup> Anniversary Sale**  
Last Week!  
**20-50%**

**50% off**  
Men's, Boys', Diamond, Costume, Jewelry  
Silver & Costume Jewelry • Books  
• Goldsmith Co. Jewels  
We only look expensive

**Goldsmith Co. JEWELERS**  
1401 N. University • 378-3630

**Problems**

**See Us First!**  
**Performance Tune-Up Package**

- Performance Test
- Install New Spark Plugs
- Install Points (on vehicles equipped)
- Install the following only as necessary and at no extra charge: Rotor, Condenser, Distributor Cap, Spark-Plug Wires, Air Filter, PCV Valve
- Adjust Dwell, Timing, Idle Speed, and Idle Mixture (unless sealed)
- Guaranteed up to 12 months or 12,000 miles

4-cylinder, \$34.95  
6-cylinder, \$39.95  
V-6, \$44.95  
V-8, \$49.95

**CompuTune**  
Computerized Automotive Tune-Up Service  
300 West 1230 North, Provo, Utah 84604  
(801) 374-0775

**\$5.00 Off Your Next Package Tune-Up**  
Redeem At CompuTune

offer Expires Nov. 15, 1984

**FIVE DOLLARS**



# Grenada may breed uprising

## U.S. must support island financially, says research team

By DENNY ROY  
Senior Reporter

While the U.S. Department of State exults in the apparent success of the American intervention in Grenada, there are ominous indications that the green Caribbean island is breeding a new revolution that may bring on yet another despotic regime.

Disillusioned youths in the capital city of St. George's told a team of BYU researchers they are training in the hills with Cuban-made weapons for "the coming revolution."

Grenada's economy, based on agricultural exports, is deteriorating. The country's educators are still predominantly Marxist, and the U.S. government has left the former British colony to rebuild without significant economic or educational assistance.

Desperately needing a boost to its credibility in Latin America, the United States may be missing an opportunity to promote its own governmental and economic philosophy in the country it freed from tyrannical military rule in October 1983.

Since the military operation, the United States has neglected the development of a social infrastructure that would nurture democracy in Grenada, leaving a vacuum that could be filled by another despot in the traditional Grenadian mold.

On the surface, the island seems politically tranquil. Most Grenadians at least those in urban areas such as St. George's — favored the U.S. invasion, some voicing pro-American sentiments like "Thanks be to Papa God and Daddy Reagan."

The United States imprisoned Bernard Coard and Hudson Austin, leaders of the coup that overthrew moderate Marxist Maurice Bishop and installed an interim government under an Advisory Board that promised to hold elections within the year.

Free elections, however, will not guarantee the establishment of democracy in Grenada. Herbert Blaize, head of the Grenada National Party, said, "Elections held too soon will not be a fair representation of the will of the people."

Indeed, if elections were held immediately, the winner would probably be Eric Gairy, the country's first prime minister — and first tyrant — following its independence from Britain in 1974.

Declaring that God had chosen him to rule Grenada, Gairy terrorized the island through a notorious police force known as the Mongoose Gang until Bishop and his Marxist supporters seized power in 1979.

Gairy returned to Grenada from exile in early 1984 saying that he would run for prime minister in this year's elections. He is the country's most experienced politician and still commands strong support.

"Gairy is the most organized political force in the country," admitted Winston Whyte, a political rival.

Bruce Chadwick, a professor of sociology at BYU and one of the trio of BYU researchers who recently returned from field study in Grenada, said of Gairy, "He was a tyrant, but he is also Grenada's George Washington. He was the one who led the cam-



Grffiti displays pro-American sentiments near the Grenadian capital of St. George's. Most Grenadians contacted by a team of BYU sociologists favored the U.S. intervention.

paigned for Grenada's independence from Britain."

Some Grenadians are scoffing at the planned elections, preferring to form the new government through an armed uprising.

Chadwick and fellow BYU sociologists Stan A. Albrecht and Howard M. Bahr found Marxist revolutionary sentiments among some secondary school-age boys. A group of students at one boys' school told the researchers that more than 90 percent of Grenada's youth are bitter about the U.S. invasion.

"While this may be an exaggeration," the trio wrote in a report of their findings, "it was clear that a sizable number of young people believe that socialism gave them greater educational and occupational mobility. . . . The frustration and potential reaction was made clear as this small group of boys indicated that in their opinion civil war was inevitable and that the young will have to dispose of the old from positions of power in order to restore a socialist government."

Chadwick, Albrecht and Bahr noted that the Bishop government had instilled high hopes for educational opportunity among the students surveyed.

"There was a widespread impression that the People's Revolutionary Government (Bishop's regime) was prepared, with foreign help, to support any qualified student pursuing the academic course of study as far as the student wanted to go," the BYU sociologists wrote.

This impression was not completely

realistic, but the prospects for post-secondary education and prestigious employment are even poorer since the change of government and the rise of unemployment, which now stands at 35 percent.

Chadwick and Bahr wrote the researchers, "that most of these bright young people are going to have their hopes dashed."

This disappointment is associated with the discontinuation of socialism, these young Grenadians may seek to restore the People's Revolutionary Government.

Chadwick, Albrecht and Bahr fear that "a corps of Marxist revolutionaries is being created" by the wane of opportunity.

The old revolutionaries, too, are still on hand. The U.S. forces kicked out the Cuban contingent from Grenada but not the 1,200 People's Revolutionary Army troops who served in Bishop's Marxist regime.

According to University of Virginia sociologist Herbert Caplow, the PRA soldiers are now lurking among the jobless of Grenada.

"They have considerable military training and Marxist indoctrination," wrote Caplow. "Many still have their arms. So long as they remain idle, they are potential guerrillas."

Marxism is creeping into Grenada's overt political scene as well. A group of Bishop loyalists have established a headquarters in St. George's from which they distribute political literature extolling the "martyr" ruler and sell T-shirts emblazoned with his picture.

If a thousand troops and a few pam-

phlets and T-shirts seem like a small start for a revolution, the United States has invested even less to establish a framework for democracy in Grenada.

"We were willing to spend \$100 million on the invasion, but we are unwilling to spend \$3 million or \$4 million to build an economic and educational infrastructure," said Albrecht.

Beyond the 12 teachers the Peace Corps plans to send by the end of 1984, educational assistance to Grenada from the United States amounts to "nothing appreciable," wrote the BYU researchers.

Caplow added, "Only the material means of progress are lacking, and the cost to the United States of supplying those means would be trivial in relation to how much we have at stake in this small green island."

Chadwick, Albrecht and Bahr noted, "The predominant sentiment among American officials seems to be that the job has already been done . . . and that conditions have already returned to normal. But matters are not that simple. Grenada can and may be a showcase of enlightened American policy. But if that does not happen, it is likely once again to be a dangerous powderkeg."

Meanwhile, back in Washington, a spokesman for the Reagan administration recently said of Grenada: "It has just disappeared from the radar screen; nobody talks about it much. It's now sinking gradually into the oblivion we reserve for our friends."

Grenada may indeed be sinking into oblivion — but not the kind we want for our friends.

### Cuba crisis anniversary

Fourteen years ago today, on Oct. 22, 1962, President John F. Kennedy went on radio and television to announce that he had ordered U.S. air and naval forces to blockade Cuba, following the discovery that Soviet missile bases were being built there.

NOTHING'S  
**FREE!**  
But some things are half-price.  
Get two haircuts for the price of one.  
**Cut 'n Dried**  
440 N. University Ave. • 377-4774

★ ★ ★ ★ ★  
— Chris Hicks — Discort News —

JESSICA LAMER to David Lee  
SAM SEABARD to Gill Day

**COUNTRY**

PGP MUSIC GROUP PRESENTS OCTOBER 22-23, 1984  
Nightly in Daily Store at 7:15, 9:30 p.m. Sorry No Pares, or Discount tickets.

**SHOWHOUSE** 745 South State Street 225-2560

**Last Performance Tonight**

*The Pance!*

A Musical play by Carol Lynn Pearson

**ACADEMY SQUARE THEATRE**  
555 North 100 East, Provo  
Plays Monday at 8 p.m.

**Final Performance**

Tickets Available at: Missionary Emporium At the Door

For group rate or other information: \$3.00 Students 4.50 General Admission

Please call 226-2480

★ ★ **DISCOUNT** ★ ★  
**CHRISTMAS AIR**  
DAILY DEPARTURES DEC. 13-18

All roundtrip from SLC  
No extra charge for weekend travel

BOSTON	\$380	MEMPHIS	\$329
CHICAGO	\$290	MIAMI	\$429
CINCINNATI	\$299	NASHVILLE	\$329
CLEVELAND	\$310	NEW YORK CITY	\$350
COLUMBUS	\$350	SAN FRANCISCO	\$200
DAYTON	\$329	PHILADELPHIA	\$350
DETROIT	\$310	PITTSBURGH	\$380
HARTFORD	\$429	ST. LOUIS	\$300
LOS ANGELES	\$149	WASHINGTON DC	\$320

Subject to availability & travel conditions. Call for details.

**THOMAS TRAVEL EXPRESS**  
205 East 400 South, Salt Lake City, UT 84111  
328-9803

# Snoring more than annoyance

By KAREN E. HILL  
Universe Staff Writer

Everyone snores whether they admit it or not. Often snoring is laughed at, but it can also indicate a life-threatening situation.

Leland P. Johnson, a clinical associate professor at the Ear, Nose and Throat Clinic of the University of Utah Hospital, said snoring can result from many things, including over-eating, sleeping in certain positions, colds or hay fever and lack of adequate rest.

It is not until the snoring becomes "socially obnoxious" that people seek medical assistance, he said. When they do, a condition called sleep apnea may be diagnosed.

Johnson described sleep apnea as a problem caused by the obstruction of the body's breathing system during sleep that can cause death as a result of a stroke or heart attack. Generally the victim stops breathing for varying lengths of time be-

tween extremely loud snoring spells that bedfellows find annoying. Since no oxygen enters the system, the heart is forced to pump blood to circulate the blood. The blood pressure may rise, and heartbeats may become irregular. A heart attack may occur, Johnson said.

"Many people don't find out they have sleep apnea until they fall asleep on the job or driving and are involved in an accident," said Johnson. Then when they are brought to the hospital for treatment the doctor learns they are always tired and can't seem to stay awake.

One of the most obvious symptoms of sleep apnea is falling asleep at odd times such as talking on the telephone or sitting at the dinner table, because of the lack of rest.

Arnold Brown is a 32-year-old man who suffered from sleep apnea for two years but had the condition corrected with surgery. His wife, who is a nurse, mentioned that she had noticed he stopped breathing when he snored, and she won-

dered if he could have sleep apnea. Brown's doctor then ordered a sleep study on him.

"The study showed I stopped breathing for up to 80 seconds, and I had a 40 percent oxygen absorption rate. Without surgery the doctor said I had a 50-50 chance of dying in the next six months."

The sleep study consists of monitoring heart rate, blood pressure, and oxygen air motion at the mouth in relationship to the chest movement during sleep. Johnson, a technician watches the results for a period of eight hours. Because of the findings of Brown's study, the surgeon recommended surgery immediately.

The surgery consisted of a tonsillectomy, trimming the soft palate in the roof of the mouth to remove any obstruction, as well as a tracheotomy — the surgical placement of a tube through the neck to allow free breathing, said Brown. "The surgery sounds horrible, but compared to the disease, it is a great relief."

### Trained dog brings beer

HOPKINSVILLE, Ky. (AP) — Mark Putman, a spokesman for the Reagan administration recently said of Grenada: "It has just disappeared from the radar screen; nobody talks about it much. It's now sinking gradually into the oblivion we reserve for our friends."

Grenada may indeed be sinking into oblivion — but not the kind we want for our friends.

Putman said he sent the company the movie a few months before a similar ad went on the air.

Putman said he sent the company the movie a few months before a similar ad went on the air.

### A LIST OF THE BEST PLACES IN THE WORLD TO BUY A DIAMOND:

1. ANTWERP
2. JOHANNESBURG
3. TEL AVIV
4. CAPE TOWN
5. SIERRA-WEST

We have the most beautiful rings in the world.

source cutters in the world and that along with a lower mark-up reflects a significantly lower price!

Sierra-West diamonds are different only in the way you pay for them. To prove it, here is our guarantee to you. Get a gemological report from Los Angeles or New York on your purchase. If it says more than 1 carat per quality we would replace the stone.

At Sierra-West, diamonds are our biggest bargain.

2230 N. at University Parkway  
Suite 11 A, Cotton Tree Center  
Mon-Thurs. 10 a.m. - 7:30 p.m.  
Fri. till 8 p.m. Sat. till 6 p.m.  
373-0700

### Celebrities celebrate

(AP) — Today's birthdays: Actress Joan Fontaine is 67. Sen. John Chafee, R-R.I., is 62. Actors Derek Jacobi and Christopher Lloyd are 48. Actor Tony Roberts is 45. Actress Annette Funicello is 42.

6 Inch Plant  
WITH 125 COPIES  
\$350  
AND UP OFF  
\$100 & 100 Post

**The Emerald Greenhouses**

Mon.-Fri. 8 to 6  
Sat. 9 to 6  
Sun. 10 to 6

401 S. State, Provo 375-2024

**Sierra-West Diamonds**  
Fine Jewelers







# Computers do more, cost less

By TIM CHAVEZ  
Universe Staff Writer

As the personal computer wars rage on, a full accounting of the combatants, casualties and survivors is in order. New technology is continually molding the shape of future personal computers.

An estimated 300 machines being prepared for introduction through 1985 will be less expensive, more powerful and easier to use, according to Business Week forecasters.

At current trends, the rapid rate of innovation should keep personal computer sales running at nearly a 50 percent annual growth rate through 1985. This means a growth from 2.9 million units in 1982 to 10.5 million in 1985.

Today only about 7 percent of all households in the United States have home computers. Waiting until now to buy is financially advantageous.

Despite the good deals now available, it is not wise to buy unless you know exactly what you want and what you want it for. "A lot of people are embarrassed to admit they don't know how to use their computers or bought the wrong model, have machines sitting in closets or back rooms," said Brent Anderson, a computer store owner in California.

"Once a person determines what his computer needs are, the hard part can be deciding on a particular model," said Spencer Hawkins, supervisor of the computer department at the BYU Bookstore.

A personal or microcomputer can cost as little as \$50 for a basic machine that is hooked into a television screen and go up to about \$12,000 for a system with state-of-the-art accessories.

Increased competition — especially from the Japanese — has helped push prices tag down.

In 1979, Texas Instruments introduced its first home computer priced at \$1,000. The current TI 99A can be purchased for about \$100 in its simplest configuration. The basic Atari 800 which sold for \$900 in 1981, can be purchased today for about \$300.

Apple Computer Inc. has plans for a home computer called E.T. that would sell for less than \$1,000 and will incorporate some of the features found in the \$10,000 Lisa computer.

For the basic starter, Timex makes the Sinclair 1000, which retails for \$49.95. This computer comes with a limited memory, a membrane keyboard and requires a separate TV screen.

Meanwhile, Bank of America, the nation's largest bank, and Crocker National Bank fell in line Wednesday with other major banks by cutting their prime interest rates from 12.75 percent to 12.5 percent.

The two San Francisco-based banks had been the largest lending institutions to hold back, as their rivals reduced their prime rates Tuesday.

Bankers Trust Co., of New York, the nation's ninth-largest bank, started the reductions Oct. 15 by cutting its prime rate to 12.25 percent. It was the nation's only major bank to go that low.

The prime rate is the base banks use to compute interest charges on short-term business loans. The most credit-worthy clients often borrow at below the prime rate, while small businesses typically are charged more.

The Federal Reserve Board said Wednesday, the nation's industrial operating rate fell 0.7 percentage points to 81.9 percent capacity in September.

screen. With canned software and a tape recorder, a beginner can write simple programs in Basic.

Anderson said, "There are some good computers priced in the \$100-\$700 range — the Atari XL series, Spectra View, Radio Shack Color Computers, as well as the Commodore Vic 20 and 64.

Coleco's Adam computer is an important addition to the educational market. For around \$600 one gets 80K memory, a tape-storage drive and a good quality printer.

"The best sellers at the (BYU) Bookstore are the Macintosh, IBM PC, IBM PC Jr., and the Hewlett Packard Touch Screen," said Hawkins. "Educational pricing has contributed to the rapid increase in sales of these machines."

Under the current contracts BYU has negotiated with Apple, IBM and Hewlett Packard, full-time students and faculty can purchase complete computer systems at discounts of 50 percent to 60 percent.

According to Hawkins, the university started taking orders for the Macintosh computers last March and April. Non-refundable deposits were taken, and a contract was negotiated with Apple. The Macintosh shipments came in and are now ready to be picked up by those who placed their orders.

Similar savings are available on the IBM, TCC AND PC Jr. Hewlett Packard only offered its educational discount for two weeks.

The uses of home computers are numerous, although one common use is that of word processing. Word processing, a term not new to college students, refers to the computerized creation of text — letters, books, documents, etc. It allows the writer to completely type the text, edit and correct all grammatical errors before printing the text.

Math programs are now being extensively developed. There are programs that teach reading and spelling, as well as punctuation, grammar, and even the alphabet.

Math programs are numerous. They range from adding, subtracting, division and multiplication to algebra and geometry. Programs to learn statistics, European countries, their capitals and even vocabulary building are available.

One can learn to type, following instructions on the computer's video screen. Typing speed in words-per-minute is calculated automatically.

Programs in speed reading and treatments for poisoning are also available for home computers.

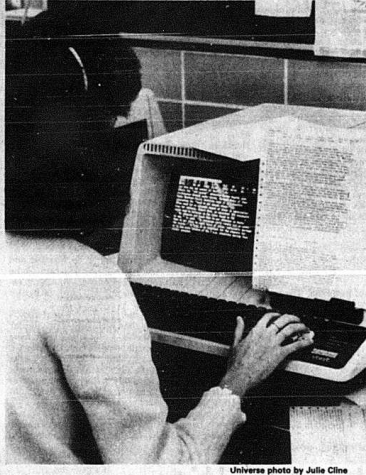
With the addition of a modem to a home computer, "hook up" by telephone to other computers is possible. One service available by modem is The Source, based in Virginia.

Through The Source, numerous information sources readily become available:

- Personal portfolio tracking and analysis.
- Weather and sports reports.
- Guides to 6,000 restaurants in 1,800 cities and towns.
- Nationwide bartering allows you to exchange items by listing what you have to offer or what you're looking for.

- Information on college financial assistance scholarships.
- Movie reviews.
- Information on nationwide employment opportunities.

Not new, but now reasonably affordable, is the idea of monitoring a home's security system and energy consumption by computer.



Universe photo by Julie Cline  
Computers, which have become commonplace in business, are now filtering into the home. Increased competition has helped force the price of the average computer down.

phone to other computers is possible. One service available by modem is The Source, based in Virginia.

Through The Source, numerous information sources readily become available:

- Personal portfolio tracking and analysis.
- Weather and sports reports.
- Guides to 6,000 restaurants in 1,800 cities and towns.
- Nationwide bartering allows you to exchange items by listing what you have to offer or what you're looking for.

- Information on college financial assistance scholarships.
- Movie reviews.
- Information on nationwide employment opportunities.

Not new, but now reasonably affordable, is the idea of monitoring a home's security system and energy consumption by computer.

One particular system called "Tomorrow House" is a home monitoring and control system, where owners keep track of energy consumption and security by computer.

The house's computer displays the floor plan of the house and gives such information as current outdoor and indoor temperatures and recommendations for improving energy efficiency. The computer can turn the heat down while the owner is at work and turn it up again just before coming home.

The security system allows one to turn on lights in a random pattern to scare burglars and to light escape routes when there is a fire. The computer is equipped with a voice synthesizer that tells the time and temperature when it wakes the owner in the morning. It can even remind a person of his chores and errands.

## 9 galaxies discovered

BERKELEY, Calif. (AP) — University of California astronomers say they have discovered nine of the most distant galaxies ever seen — one is believed to be 12 billion light years away.

## OPENING FOR MEN

**\$110 a month**  
All utilities paid  
**Seville Apartments**  
Pool — HBO — WTBS  
**374-5533**  
185 East 300 North

## Forum of Student Thought

Nov. 8

\$ For Your Thoughts

**\$50.00 For Best Speech**

Subject: Business Oriented

For Further Details, Contact

The Academics Office At 434 ELWC

## FREE GOLDFISH\*

**FRIENDS**

UTAH'S LARGEST PET DEALER  
BUY YOUR NEXT FRIEND AT FRIENDS.

**FALL SALE & DRAWING**  
WIN: BIRDS, CAGES, AND  
AQUARIUM SETUPS.

**SUPER LOW PRICES ON:**  
Aquariums, fish bowls, fish food, fish,  
birds, reptiles, and much much more!

**This month's special!**  
**10 gal. Aquarium set-up**

**29.95**

282 N. University Ave. 1405 S. State  
Provo Orem 226-2173

\* 2 free Goldfish when you show us  
any school I.D. card — No  
purchase necessary.

## Economic expansion slowing

NEW YORK (AP) — Two straight months of decline in factory use is a sign the economic expansion is slowing but hasn't run into a wall, and should keep on going at least through the end of the year, economic analysts say.

However, private housing industry analysts say increases in mortgage interest rates likely will dim chances for a repeat performance of September's burst of new home construction.

Meanwhile, Bank of America, the nation's largest bank, and Crocker National Bank fell in line Wednesday with other major banks by cutting their prime interest rates from 12.75 percent to 12.5 percent.

The two San Francisco-based banks had been the largest lending institutions to hold back, as their rivals reduced their prime rates Tuesday.

Bankers Trust Co., of New York, the nation's ninth-largest bank, started the reductions Oct. 15 by cutting its prime rate to 12.25 percent. It was the nation's only major bank to go that low.

The prime rate is the base banks use to compute interest charges on short-term business loans. The most credit-worthy clients often borrow at below the prime rate, while small businesses typically are charged more.

The Federal Reserve Board said Wednesday, the nation's industrial operating rate fell 0.7 percentage points to 81.9 percent capacity in September.

Universe photo by Julie Cline  
Computers, which have become commonplace in business, are now filtering into the home. Increased competition has helped force the price of the average computer down.

phone to other computers is possible. One service available by modem is The Source, based in Virginia.

Through The Source, numerous information sources readily become available:

- Personal portfolio tracking and analysis.
- Weather and sports reports.
- Guides to 6,000 restaurants in 1,800 cities and towns.
- Nationwide bartering allows you to exchange items by listing what you have to offer or what you're looking for.

- Information on college financial assistance scholarships.
- Movie reviews.
- Information on nationwide employment opportunities.

Not new, but now reasonably affordable, is the idea of monitoring a home's security system and energy consumption by computer.

Universe photo by Julie Cline  
Computers, which have become commonplace in business, are now filtering into the home. Increased competition has helped force the price of the average computer down.

phone to other computers is possible. One service available by modem is The Source, based in Virginia.

Through The Source, numerous information sources readily become available:

- Personal portfolio tracking and analysis.
- Weather and sports reports.
- Guides to 6,000 restaurants in 1,800 cities and towns.
- Nationwide bartering allows you to exchange items by listing what you have to offer or what you're looking for.

- Information on college financial assistance scholarships.
- Movie reviews.
- Information on nationwide employment opportunities.

## Fish story yields history

SPOKANE (UPI) — Historical artifacts have been found at the site of a future fish hatchery, and a dig is under way to see whether more will be discovered, Washington Water Power Co. says.

WWP spokesman Stan Witter said a walk-through of the area yielded pieces of porcelain, and more information will be gathered at the site in the next month.

Because the area along the Clark Fork River near the Montana-Idaho border qualified for the National Register of Historic Places, Witter said, but a survey had to be undertaken before construction could start.

However, construction will still start as scheduled early next year, he said.

WWP is constructing the hatchery jointly with the Bonneville Power Administration and the Idaho Department of Fish and Game.

The utility said the artifacts are believed to be related to a railroad labor camp built by Chinese immigrants hired to help build railroad lines to the West in 1882.

Roger Woodworth, WWP fish and wildlife biologist, said Bonneville has hired a consulting firm based at Eastern Washington University to conduct a recovery effort in compliance with the National Historical Preservation Act.

Before excavating the site, the survey team inspected the property, researched historical documents and old photographs of the site and conducted mapping, he said.

Universe photo by Julie Cline  
Computers, which have become commonplace in business, are now filtering into the home. Increased competition has helped force the price of the average computer down.

phone to other computers is possible. One service available by modem is The Source, based in Virginia.

Through The Source, numerous information sources readily become available:

- Personal portfolio tracking and analysis.
- Weather and sports reports.
- Guides to 6,000 restaurants in 1,800 cities and towns.
- Nationwide bartering allows you to exchange items by listing what you have to offer or what you're looking for.

- Information on college financial assistance scholarships.
- Movie reviews.
- Information on nationwide employment opportunities.

Not new, but now reasonably affordable, is the idea of monitoring a home's security system and energy consumption by computer.

Universe photo by Julie Cline  
Computers, which have become commonplace in business, are now filtering into the home. Increased competition has helped force the price of the average computer down.

phone to other computers is possible. One service available by modem is The Source, based in Virginia.

Through The Source, numerous information sources readily become available:

- Personal portfolio tracking and analysis.
- Weather and sports reports.
- Guides to 6,000 restaurants in 1,800 cities and towns.
- Nationwide bartering allows you to exchange items by listing what you have to offer or what you're looking for.

## CIA... for Careers of Consequence

**Campus Interviews**  
**NOVEMBER 13-15, 1984**

The CIA has challenging career opportunities in many fields. There are openings both in Washington D.C. and overseas. Qualified applicants will have an opportunity to reach senior management levels, plus they will have the satisfaction of serving with a unique group of people whose special concern is the security of the Nation.

Some of the disciplines we are looking for are:

Anthropology (Cultural, Political)	Geography	Mathematics
Auditing	Geology	Military Science
Biology	History	Oceanography
Chemistry (Nuclear, Physical, Analytical)	Imagery	Operations Research
Computer Science	Information Science	Optics
Demography	International Relations	Photogrammetry
Economics (Masters, PhD, or GPA above 3.5 only)	Journalism	Physics
Editing	Law	Political Science
Engineering (All Majors)	Liberal Arts	Physical Science
English	Literary Science	Remote Sensing
File Arts	Linguistics (especially difficult languages)	Social Science
Foreign Area Studies	MBA	Sociology
		Statistics

We are also looking for some generalists with several of the following qualifications for some of our overseas positions:

GPA 2.5  
Age 24-34  
Foreign Language Capability  
Foreign Residence

Credentials Needed:  
U.S. Citizenship  
High Moral Character  
Bachelor's Degree or Better With Good GPA  
Strong Interest in Foreign Affairs  
Able to Pass Strict Security and Medical Standards

Salaries:  
Entry Level Salaries Run From \$17,500 to \$29,000  
Depending on Qualifications

To arrange your campus interview, contact your Placement Office now. If an interview is inconvenient at this time, send your resume to:

Personnel Representative  
P.O. Box 10748  
Golden, CO 80401

**Central Intelligence Agency**

The CIA is an Equal Opportunity Employer

**Provo Town Square**  
**Spunk & Alleg**  
**Ghostbustin' won't do you no good!**

Mon. & Tues. dollar night.  
Time: 7:00-11:30 p.m.  
Parking at Excelsior Hotel Garage  
Color photo with ghou! \$2.50  
Use ticket as coupon (up to 20% off)  
at participating Provo Town Square Merchants  
Entrance Fee \$2.00  
58 N. University

**Dentistry you can afford and terms you can live with**

The one time you need a dentist the most is the very time you can afford one the least—college Cougar Dental Center can help. With dentistry you can afford. And terms you can live with, including:

- Installation plans
- No interest
- We'll bill your parents back home
- And we accept all insurance plans

You don't have to give up dental care for a college degree. Now you can have both. With the help of Cougar Dental. Call Dr. Hall for an appointment today.

There's only one Cougar Dental  
**Cougar Dental Center**  
Phi C. Hall, D.D.S.  
837 N. 700 E. / Suite E  
(Above Kinko's) Provo  
373-7700

**Are you still undecided about a career?**

In 7 months you can be a dental or a registered medical assistant.

**Call 375-6717**

**Think about it!**  
We are an accredited private school.

Financial aid available  
**American Institute of Medical-Dental Technology**  
1675 N. 200 W., Building 90 Provo, Utah 84604

# To sleep, establish regular schedule

Continued from page 1

Much more, a night person, said: "I don't function very well in the morning, even when I go to bed early. My best study time is between 7 p.m. and 11 p.m."

On the other hand, day people utilize their morning and early afternoon hours for their work and tire as the evening progresses, said Dr. Richard Hanks, a psychologist with the Rocky Mountain Family Institute in Orem. "I am a morning person. My idea of a vacation is to get up at my normal hour, be productive and relax later. I feel better psychologically and physically if I stay on this schedule."

The suggestion that someone is a night or day person is not something inborn, said Hanks. "We condition ourselves to what our body clock is saying. If you are used to going to bed late because of a work schedule, your body will adjust itself to that schedule."

Thus, a person who works until three in the morning and sleeps until 10 a.m. can get along just as well as one who retires at 10 p.m. and arises at 6 a.m., said Hanks.

There are various hourly sleep requirements because of different body metabolisms and energy levels, said Scoresby. Roger Broughton, a sleep expert at the University of Ottawa School of Medicine, said in *Science Digest* the "mean sleep length for an adult is seven point six hours during a 24-hour cycle. Ninety-five percent fall between six and eight-and-a-half hours. Only about four or five percent sleep under six hours a day, on a regular basis. . . . and extreme short sleepers — those who require less than four hours of sleep — are extremely rare."

Short sleepers tend to be non-worriers and obtain the needed "deep" sleep in fewer hours, said Hanks. Long sleepers, those averaging between eight and nine hours, are often "inverted worriers," he said.

Tests suggest younger people need more sleep

because of their high activity level, while older people require fewer hours of sleep. Scoresby said there are also benefits from more sleep.

Those who do not get enough sleep may feel increased stress and impatience, said Hanks. On the other hand, too much sleep can cause headaches and grogginess. Scoresby said oversleeping is one of the most common problems for college students.

The length of time a person sleeps is not due to how tired a person feels or how long they have been awake. Science News reports "the natural body rhythm and especially body temperature determine the length of human sleep. It turns out that the warmer you go to bed the longer you'll sleep." Whatever hourly requirement a person needs to function on, he must have a certain amount of rapid eye movement (REM) sleep. REM is the dreaming stage of sleep and is needed for a person's well being, said Scoresby. In this stage the brain is "getting rid of residue electricity," he said. When people are awakened during the REM sleep, they are irritated and frustrated.

Many people have experienced occasional sleepless nights without ill health effects. Insomnia, however, is a chronic sleepless state that may result in more serious effects.

There are various causes of insomnia. The most common is a highly active level, said Hanks. Other factors include physical and emotional ailments and eating problems.

Insomniacs often face sleepless nights because they exert so much energy trying to sleep. "People who worry about sleeping produce adrenaline which stops sleep," said Scoresby.

Dr. Anthony J. LaPray, a clinical psychologist at Psychological Associates in Salt Lake City, said people who suffer from insomnia have conditioned themselves not to sleep. "They tell themselves to do other things in bed such as worry, read or watch TV," he said.

In treating insomniacs LaPray tells people they

cannot read, eat, watch TV or worry in bed. The bed must only be used for sleeping. "This will condition them to sleep when they get to bed," he said. "If you look at the clock at 3 a.m. and find yourself checking the time again at 3:30 a.m., chances are you're not going to sleep. Don't stay there. Get up and worry on the couch and take care of other matters. Then go back to bed. This will break the pattern of sleeplessness," said LaPray.

Scoresby involves his patients in something that will distract them and keep them from worrying about sleep. Utilizing another method, he asks patients to think about times they were most tired while keeping their eyes open. Eventually, the person will fall asleep, he said.

The most general approach for sleeplessness is relaxation methods which are a type of self-hypnosis. "I have been able to help people do for themselves what medication would do," said Hanks. By applying deep muscle relaxation techniques, "people have been able to give up hard medication."

Effective sleep methods must be learned and experimented with individually, Hanks said. Some people find that concentrating on something relaxes them but "there are not any hard, fast rules about sleep."

The most important method for a restful night's sleep is training the body to follow a regular routine. Dr. W. B. Webb, a sleep specialist from the University of Florida, said in *Current Health*, "Sleep is a natural biorhythmic system that works if you let it. Unfortunately, many of us refuse to listen to the signals our body gives when it needs to rest. Instead, we fight going to sleep, then fight getting up."

A regular routine in its own way self-hypnotizes the body because it regulates itself to a predictable schedule, said Hanks. "Sleep is a natural carry on of routines."

## Officials want stiffer action taken with drunk drivers

WASHINGTON (AP) — Federal highway officials are calling for harsher penalties for drunk drivers to reduce repeat offenders, who they argue are not deterred by the current system of sentences and treatment programs.

A study by the National Transportation Safety Board concluded that far too often drunken driving accidents involve drivers who have past drunken driving records.

In an examination of 61 serious accidents — most involving fatalities

— from 15 states, the board found that one third of the drivers involved had a suspended license, and drivers in 37 of the cases had a previous traffic offense involving alcohol. In several cases both drivers involved were found to be drunk.

The NTSB report concluded that it may take decades to change public attitudes toward drunken driving, but it suggested stiffer sentencing, especially for repeat offenders. Revoking the licenses of repeat offenders was also suggested.



**SERVICE**  
**15% OFF**  
**PARTS & LABOR**  
on any necessary repairs  
Valid after November 30, 1984 1150 N. 500 W. 373-1226

**FREE**  
**State**  
**Inspection**  
Including all cars and light, medium duty trucks  
**Special**  
**Student Discount**  
Valid only with Coupon  
UNIVERSITY  
LINCOLN-MERCURY  
1150 N. 500 W. 373-1226

## Center offers help to illiterates

Volunteers teach adults who never learned to read

By KAREN E. HILL  
Universe Staff Writer

Ken Bishop is a Salt Lake City high school graduate who reads so poorly that he cannot read the instructions to operate something new he buys. He is one of 10,000 illiterates in Salt Lake County.

June Moss, acting director of the Literacy Action Center in Salt Lake City, said one in five adults in Salt Lake City cannot read. "These people function with the help of friends and family, but many of them have a great many problems because they cannot read."

Bishop contacted the center after a friend told him they might be able to help. "I always hated reading, but since starting the program two months ago I find I'm starting to read on my own at home."

He took remedial reading classes in high school, but they didn't help. "I felt if I could practice reading out loud I could get better, but the teachers didn't want to take the time to let me do it."

The center contacted Bishop with one of their trained personnel, Blair Felton, a student at the University of Utah. She became involved with LAC after seeing an ad for volunteers in a

local newspaper. "I couldn't imagine adults not being able to read, but I wanted to help," she said.

Bishop started in Book One of the Laubach Way to Reading Program. "He did very well because it was mostly review, and it helped him remember things he had forgotten," said Felton. Even though he has

slowly moved down to Book Two, he is still doing well.

Carolyn McCracken, tutor trainer for LAC, said the Laubach method builds on experiences and skills already developed by adults. It uses familiar spoken words to teach unfamiliar written words. She said the method was developed by Dr. Frank Laubach while he was in the Philippines in the early 1950s. It is now used in more than 100 countries and more than 300 languages.

The Laubach method is used by LAC in conjunction with the method developed by Ruth Collier, founder of LAC in 1960.

In addition to reading, the tutors also help students complete forms for insurance and employment, obtain a driver's license and prepare for U.S. citizenship.

The LAC has been open in Salt Lake City for about one year. It is located in the First Baptist Church of

Salt Lake City. There are now 44 students and 22 tutors working for the facility, Moss said. After completing 12-15 hours of training, the tutors meet with their students for one hour usually twice a week, she said. The center could use more volunteers for tutors and office help.

"The motto of Laubach is 'each one teach one,'" said Moss. LAC encourages students to help others once they have overcome their own problem.

Since it is a completely volunteer organization, the only reward is satisfaction of a job well done.

"I noticed that Ken's reading skills improved, but his self-esteem also improved, and that was the most satisfying part," said Felton. She also said the hardest part for students is to admit they have a problem. "No one wants to admit they can't read, but once they do admit it we can help them."

### Interested in Optometry Physical Therapy Occupational Therapy?

A Pacific University Representative and student will discuss Pacific's Professional Program in these areas.

Tuesday, October 23, 1984

11:00 a.m.	OPT Discussion	363 MARB
12:00	PT Discussion	363 MARB
1:00 p.m.	OT Discussion	363 MARB
7:10 p.m.	meeting with Pre-Opt Class	368 MARB

Wednesday, October 24, 1984

Morning — individual interviews 380 WIDB  
Schedule appointments with Marjane Garowski #378-3044

## JOBS IN HAWAII



**Supervisory jobs in Hawaii**

Youth Developmental Enterprises (YDE) is now hiring a limited number of mature adult males for work in Hawaii, supervising young men on pineapple plantations. Qualifications include — 21 years of age or older, single, returned LDS missionary, self-motivated.


Job Openings from March 9 to August 30 and June 1 to August 30, 1985. Pay is approximately \$1150-\$1300 per month plus free room and board. BYU credit is available. Some expense required for airfare, insurance, and tour. Incentive program available to offset expenses. Staff will be responsible for beach activities, sports, field work, leisure time activities and spiritual development of the youth.

For program orientation and arrangement for a personal interview call 943-1752 in Salt Lake or stop by our office at 8760 Hidden Oaks Drive. There are a limited number of jobs available.

### Santa-man gets stuck

LOS ANGELES (AP) — A man who tried to slide down a chimney after his girlfriend locked him out of the house spent a sooty half-hour as firefighters tugged him out when he got stuck.

**39 WEST**  
HAWAIIAN CERTIFICATE & GIFTWORKS



Tori McCabe says  
lay away that  
worsted wool blazer  
now for Christmas!

39 West 38th North, Provo University Mall, Orem

## Thackery

BY PANDORA

**35% OFF**  
Our Thackery Coordinate groups are on sale for one week only!

Wool and corduroy groupings include slacks, skirts, and jackets with matching plaid and striped blouses in 100% cotton. Finish off the outfit with a cozy sweater in several styles. Colors are in the plums and shetland blues, in Missy sizing. Sale ends Oct. 27, 1984, in the Coed Shop

byu bookstore

## Pony Express Pizza

# "Blows The Doors Off!"



### Mondays and Tuesdays only

Fresh, free delivery in 35 minutes, limited delivery areas - no south addresses

\* Ask for a phone sticker and get a free qt. of pop with any reg. pizza order (not valid w/special)

\* Keep sticker on phone and always get a free qt. of ice cold pop. (Good through Dec.)

\* **Phone 375-7669**

<p><b>\$4.99</b></p> <p>12" 1 item pizza with qt. of pop.</p> <p>Expires Nov. 30<sup>th</sup> Mon. &amp; Tues. only</p>	<p><b>\$6.99</b></p> <p>16" 1 item pizza with qt. of pop.</p> <p>Expires Nov. 30<sup>th</sup> Mon. &amp; Tues. only</p>	<p><b>\$2.00 off 16"</b></p> <p><b>\$1.00 off 12"</b></p> <p><b>Combo</b> Expires Nov. 30<sup>th</sup> Mon. &amp; Tues. only Customer's Signature</p>
---	---	---